

Green Road Community Center

Winter/Spring 2014

Classes and Programs



Teen Classes

Teen Outreach Program (TOPs): (ages 13-17) - Every teenager wants and deserves a safe place to visit where the door is always open to them. The Teen Outreach Program (TOP) of the Raleigh Parks and Recreation Department offers such a place for our teenagers. Our mission is to provide a consistent positive alternative by providing recreational opportunities for youth. The program will focus on arts, athletics, and achievement. Program locations will be: Courtney T. Johnson, Chavis, Green Road, Lions Park, Method Road, Tarboro Road, and Worthdale Community Centers weekdays from 3-6pm. Please call 919-996-2139 or one of the community centers for more information.

#152315 Jan 2 - May 30 Monday - Friday
3:00-6:00 pm

Class Fee: FREE

TOPs After Hours: (ages 13-17) - An extension of the popular TOPs program at Green Road, this program is aimed to keep the youth in our community safe and studying. The first half of the program will focus on homework time and assistance and the second half of the program will focus on passive recreation games.

#149540 Jan 6 - Apr 30 Monday-Thursday
6:00-8:00 pm

Class Fee: FREE

Zumba at Green Road with Maria Williams:

(ages 12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

January 6 - April 30 Monday, Wed
6:00-7:00 pm

Daily Fee: \$5.00

January 6 - April 30 Monday, Wed
6:00-7:00 pm

5-Class Pass: \$25.00

Titanic Failure: What Sank the Unsinkable:

(ages 12+) - Just over 100 years ago on an icy April night in the North Atlantic the Edwardian height of luxury was lost. Romance or tragedy? Carelessness or fate? This engaging look back covers not only the events of the fateful night in the context of that era, but also looks at recent scientific findings that give increasing light to one of the most memorable tragedies of the 20th century. #149562 April 14 Monday
7:00 pm Class Fee: \$10.00

Zumba Toning at Green Road with Maria: (ages

12+) - Certified Zumba Instructor Maria Elena de Leon Angel Williams. For participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your 'abs' and mid-section.

January 6 - April 25 Monday, Wed
6:00-7:00 pm

Daily Fee: \$5.00

January 6 - April 25 Monday, Wed
6:00-7:00 pm

5-Class Pass: \$25.00



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Green Road Community Center
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